



WATERSKILLS SPORTS LIMITED RC: 1298109®



WHAT AGE GROUP DOES THE STUDENT FALL INTO?



12months - 3years
PARENT * & CHILD:
JOURNEY A-B



3years - 5years
PRESCHOOL:
JOURNEY 1-4



5years - 12years
SCHOOL AGE:
JOURNEY 1-6



12+years
TEEN & ADULT:
JOURNEY 1-6

All age groups are taught the same skills but divided according to their developmental milestones.

WHICH JOURNEY IS THE STUDENT READY FOR?

Can the student respond to verbal cues and jump on land?

NOT YET

**A / WATER
DISCOVERY**

Is the student comfortable working with an instructor without a parent in the water?

NOT YET

**B / WATER
EXPLORATION**

Will the student go underwater voluntarily?

NOT YET

**1 / WATER
ACCLIMATION**

Can the student do a front and back float on his or her own?

NOT YET

**2 / WATER
MOVEMENT**

Can the student swim 10-15 yards on his or her front and back?

NOT YET

**3 / WATER
STAMINA**

Can the student swim 15 yards of front crawl and backstroke?

NOT YET

**4 / STROKE
INTRODUCTION**

Can the student swim front crawl, backstroke and breaststroke across the pool?

NOT YET

**5 / STROKE
DEVELOPMENT**

Can the student swim front crawl, backstroke and breaststroke across the pool and back?

NOT YET

**6 / STROKE
MECHANICS**

JOURNEY & LESSON DESCRIPTIONS

SWIM STARTERS

It’s never too early for your child to start on his or her journey towards becoming a safe and confident swimmer. Accompanied by a parent, toddlers learn to be comfortable in the water and develop swim readiness skills through fun and confidence-building experiences, while parents learn about water safety, drowning prevention and the importance of supervision.

WATER DISCOVERY A

A / WATER DISCOVERY
Parents accompany children in Journey A, which introduces toddlers to the aquatic environment through exploration and encourages them to enjoy themselves while learning about the water.



WATER EXPLORATION B

B / WATER EXPLORATION
In Journey B, parents work with their children to explore body positions, floating, blowing bubbles and fundamental safety and aquatic skills.

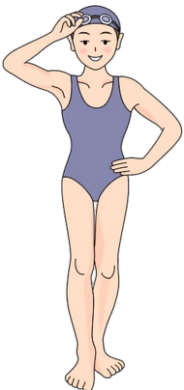


SWIM BASIC

Students learn to focus on the most important, fundamental aspects of swimming such as going under water, developing a streamline body position, kicking, floating and getting back to the wall after jumping in the pool.

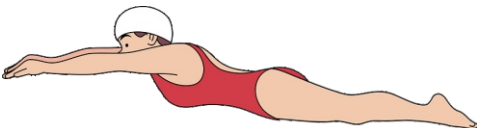
WATER ACCLIMATION 1

1 / WATER ACCLIMATION
Students develop comfort with underwater exploration and learn to safely exit in the event of falling into a body of water in Journey 1. This journey lays the foundation that allows for a student’s future progress in swimming.



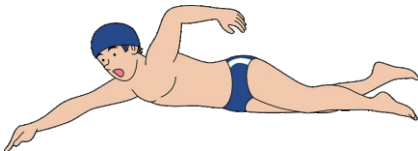
WATER MOVEMENT 2

2 / WATER MOVEMENT
In Journey 2, student focus on body position and control, directional change, and forward movement in the water while also continuing to practice how to safely exit in the event of falling into a body of water.



WATER STAMINA 3

3 / WATER STAMINA
In Journey 3, students learn how to swim to safety from a longer distance than in previous journeys in the event of falling into a body of water. This journey also introduces rhythmic breathing and integrated arm and leg action.



SWIM STROKES

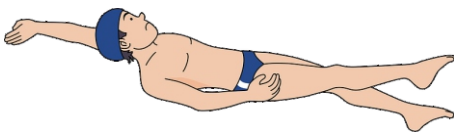
Having mastered the fundamentals, students learn additional water safety and build stroke technique. Coordinating all of the pieces for these strokes in an effective way is the primary focus of this journey. We break down each component of the stroke so that students can learn one piece at a time.

STROKE INTRODUCTION

4

4 / STROKE INTRODUCTION

Students in Journey 4 develop stroke technique in front crawl and back crawl and learn the breaststroke kick and butterfly kick. Water safety is reinforced through treading water and elementary backstroke.

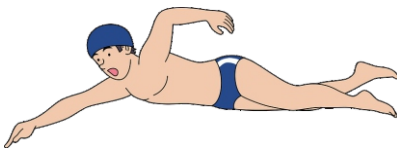


STROKE DEVELOPMENT

5

5 / STROKE DEVELOPMENT

Students in Journey 5 work on stroke technique and learn all major competitive strokes. The emphasis on water safety continues through treading water and sidestroke.

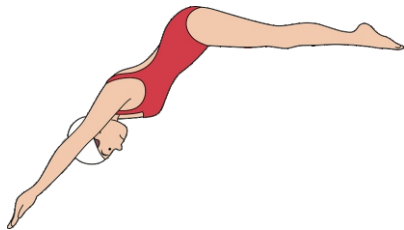


STROKE MECHANICS

6

6 / STROKE MECHANICS

In Journey 6, students refine stroke technique on all major competitive strokes, learn about competitive swimming and discover how to incorporate swimming into a healthy lifestyle.



COMPETITIVE SWIM TEAM

Waterskills has two major groups that establish our competitive swimming program. Our Age Group and Senior Programs represent Waterskills Sports Limited (WSL) at highest level. Waterskills focuses on skill development and age appropriate training within each of our competitive swimming groups.

AGE GROUP 1 AGE GROUP BRONZE

Age: 8 and under
Daily Training: 75 minutes
2 sessions / week
Group Description: Introductory training group with a technique focused approach to building the competitive strokes and racing skills.



AGE GROUP 1 AGE GROUP BRONZE

Age: 12 - 14 (Middle School)
Daily Training: 150 minutes 2-3 sessions / week
Group: Swimmers in Senior 1 train to compete at the highest levels and represent Waterskills at the most competitive meets in the country.



AGE GROUP 2 AGE GROUP SILVER

Age: 10 and under
Daily Training: 90 minutes
2 sessions / week
Group Description: Advanced groups for young swimmers. Swimmers in this group learn to train and compete at a high level while maintaining skill development as a primary focus.



AGE GROUP 2 AGE GROUP SILVER

Age: 14 & over (High School)
Daily Training: 2 hours, 2-3 sessions / week
Group: Swimmers in Senior 2 train to compete at the highest levels and represent Waterskills at the most competitive meets in the country.



AGE GROUP 3 AGE GROUP GOLD

Age: 11 - 12
Daily Training: 120 minutes
2 sessions / week
Group Description: A high performance group for young swimmers represent Waterskills at many of the most competitive Age Group meets in the country and begin to make an advanced commitment.



AGE GROUP 3 AGE GROUP GOLD

Age: 14 & over (High School)
Daily Training: 2 hours
3 sessions / week
Group: Swimmers in Senior 2 train to compete at the highest levels and represent Waterskills at the most competitive meets in the country.



TERMS AND CONDITIONS

Parent and Guardian Supervision

Parents/Guardians must remain onsite whilst child is completing swimming lessons at our swimming centre.

Make-up Lesson Policy

Make-up lessons will only be permitted under the following circumstances: The Swim School Office must receive a minimum of 12 hours written notice, via call, text message or email prior to the commencement time of the lesson to be eligible for a make-up lesson.

- Students cannot have more than one makeup lesson per term.
- Make up lessons can only be taken within the enrolled term in which the original lesson was missed, and then, only if there is a position vacant. We cannot guarantee that times or teachers will be available to suit your needs.
- No make-up lessons or credits for missed lessons are available in the Holiday Program.
- Make up lessons won't be available during inclement weather.
- Lessons will not be held during storms or other dangerous conditions, at the pool staff's absolute discretion. In this circumstance we will endeavour to provide the student with a make-lesson in the current term.

Medical Considerations

You must inform the Swim School Office of any medical condition or other issue that could impact on the safety of your child and their participation in the class. This is the responsibility of the parent or guardian of every participant. It is essential for the safety of all participants in the classes.

Lesson Cancellations

Class numbers are the major factor in determining whether or not a class has to be cancelled. In the event that the chosen class is not 50% full, a Swim School staff member may request the student transfer to an alternate class. The cancellation of any lesson is at the sole discretion of the Pools and Facilities Supervisor.

Assessments & Progression

Students will be placed in an appropriate journey for their ability at the beginning of the program. The program allows students to progress through the levels at their own pace. Students won't have to wait until the end of the term to be assessed. Once the criterion for progress has been assessed and met, the student can move up subject to availability in the next Journey. Teachers will assess a student when they believe the student is ready to progress to the next journey. In the weeks following that assessment, an Assessor will observe the student. If the Assessor agrees that the student is ready to progress, we will check the availability of the new journey and notify you.

Lane & Teacher Changes

We want to provide students, parents and guardians with a consistent experience. However, there will be occasions when teacher or lane changes may be necessary. Please note that we cannot guarantee teachers from term to term. All teachers working at the Waterskills undergo regular training days to increase their knowledge and high teaching standards. No refunds will be given if we have to make changes to lanes or teachers.